

Elizabeth Eckert
1225 4th Street SW
Minot, ND 58701
Office: (701) 839-4755
Cell: (701) 240-6266
www.WordCures.com
info@wordcures.com

Simultaneous submission; Non-competing market

Word count: 282 words

December 21, 2005

4 Tips for Winning the Lifestyle Change Game

You're making the change to healthier living. Now if you could just get up off the couch!

Ready for success? Match your strategy to these winning tips:

- 1. Create and maintain clear priorities.** You'll have all the resources you need when you stay focused on what's really important. This is your tip if you hear yourself say:
 - Who has time to eat healthy?
 - I'm drained. I just don't have the energy for anything more.
- 2. Focus on factors you can influence.** Sure, you inherited Auntie Jean's thick thighs. But you have Uncle Sam's classic endurance. You can work out! There's something to impact in nearly any challenging situation. You'll benefit from this tip if you say:
 - Of course my temper's short. It's really stressful at work right now.
 - The doctor said you just have to expect these aches and pains as you get older.
- 3. Stay objective.** Watch your perspective. Would a fly on the wall interpret your situation the same way you do? Or are you bogged down by resignation, apathy, or denial? This is your tip if you often say:
 - Everything's wonderful! Those bags under my eyes? Oh, they're nothing.
 - Maybe I should find a new job. The old one's not working. I just don't know...
- 4. Learn everything you can about your challenges.** Is it really impossible? Or are you simply under-informed? Lack of information is one of the biggest obstacles to effective action. This tip is for you if you overhear yourself say:
 - Sure I'll start exercising. Just as soon as I lose some weight.
 - Who needs help with something this simple? I should be able to handle it myself.

Healthy living expert Elizabeth Eckert is the author of *Word Cures: How to Keep Stupid Excuses from Sabotaging Your Health*. Find more strategies at www.WordCures.com.

###